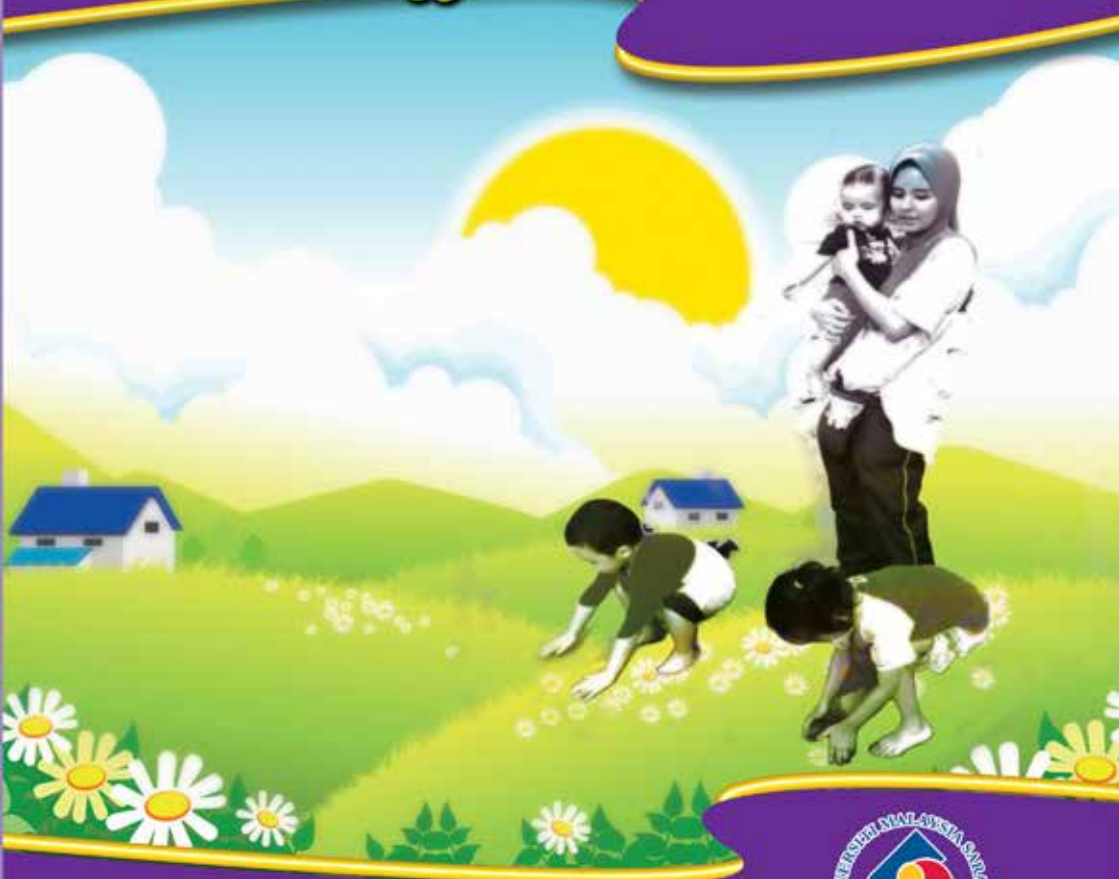


A Handbook on Community Health *Nursing Procedures*



Saloma Pawi
Jane Buncuan
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Universiti Malaysia Sarawak,

Fourth Publication, 2016
Third Publication, 2015
Second Publication, 2014
First Publication, 2013

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Published in Malaysia by
Penerbit UNIMAS,
Universiti Malaysia Sarawak,
94300 Kota Samarahan,
Sarawak, Malaysia.

Printed in Malaysia by
Heng Sing Brother Press
No. 37, Lot 75,
Section 63, 1st Floor,
jalan Chan Bee Kiew,
93450 Kuching, Sarawak.

Perpustakaan Negara Malaysia

Cataloguing-in-Publication Data

Saloma Pawi

A handbook on community health nursing procedures /
Saloma Pawi, Jane Buncuan, Sidiah John Siop.
ISBN 978-967-5527-48-7

1. Community health nursing - Handbooks, manuals, etc.
2. Community health services - Handbooks, manuals, etc.
I. Jane Buncuan. II. Sidiah John Siop. III. Title.
610.7343

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Preface

This book is a step by step instruction on procedures commonly carried out in the maternal and child health clinic settings. It is intended to provide nursing students with a simple yet reliable reference during their clinical placement in the Maternal and Child Health Clinic.

The focus of this handbook is on procedures pertaining to antenatal and postnatal care, child health care and family planning. It also covers procedures for vaccine storage, home visit and papsmear taking. Each procedure begins with an overview, the purpose and the requirements needed to perform the procedure.

This manual is aimed to complement the recommended Community Health Nursing textbooks and be made as a useful reference for nursing students.

Acknowledgment

This manual on step by step instructions on common procedures used in the Maternal and Child Health Clinic would not have been possible without the contributions of many people.

Our special thanks and gratitude to our lecturer Ms. Lily Lim and clinical teacher Ms. Taram Jaman, who had given constructive comments on the procedures.

We would also like to convey our thanks to the Department of Health Services Sarawak who kindly gave permission to reproduce the Health Management Information System (HMIS) cards and forms.

Our fond gratitude is extended to Ms. Siti Hajar Marsidi and Mr. and Mrs. Wilfred Dalin who gave permission on perusal of their family's pictures.

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EXAMINATION OF ANTENATAL MOTHER

Overview

The examination of antenatal mother is to assess the mother's general health and detect any abnormalities during pregnancy. A detailed history taking is essential during the first visit. It provides information about mother's general health status.

Purpose

- To monitor mother's health during pregnancy
- To identify possible risks factors
- To identify educational needs
- To detect any abnormalities and refer for further management
- To prepare mother for labour and postpartum, care of baby and breastfeeding

Requirements

- B/P set
- Stethoscope
- Haemocue set
- Weighing scale
- Antenatal card
- Measuring tape
- Fetalscope / Daptone
- Anti-Tetanus Toxoid Vaccines
- Clinistix / Albustix
- Urine specimen container
- Specimen tubes / containers
- Specimen forms
- Record book
- Routine tonic (Vitamin C, Vitamin B Complex, Folic Acid, Ferrous Fumerate & Calcium Lactate)
- Supplements (full cream milk, iodised salt, etc)

Table 1: Procedure for Examination of Antenatal Mothers

No	Step	Rationale
1.	Prepare room for examination	<ul style="list-style-type: none"> • Ensure privacy • Offer comfort • Facilitate smooth work flow
2.	Registration (first visit) <ul style="list-style-type: none"> - Greet and welcome the mother - Offer her a seat - Review the record on the antenatal card - Register the mother in the Registration Record Book 	<ul style="list-style-type: none"> • Establish rapport • Make her comfortable
3.	Interviewing the mother (first visit) <ul style="list-style-type: none"> - Explain to the mother the need to elicit information. - mother's personal biodata <ul style="list-style-type: none"> - name, age, race, education, address, nationality, occupation, telephone contact - Husband's biodata <ul style="list-style-type: none"> - name, age, race, education, address, nationality, occupation, telephone contact - Medical history <ul style="list-style-type: none"> - hypertension, diabetics mellitus, asthma, epilepsy, psychiatric illness - Surgical history <ul style="list-style-type: none"> - abdominal surgery - Family history <ul style="list-style-type: none"> - genetic disease - infectious disease - Obstetrical history <ul style="list-style-type: none"> - gravida, para, abortion, - date, place and type of delivery/ies - abnormal pre, intra, and post natal history - outcome of pregnancy/ies: children (if any), age, alive or death, duration of breast feeding - Contraceptives usage - Current Pregnancy <ul style="list-style-type: none"> - menstrual cycle: menarche, pattern of menstruation - Current health status (every visit): <ul style="list-style-type: none"> - enquire mother on nutritional intake, rest and sleep, any illnesses, other complaints, etc 	<ul style="list-style-type: none"> • Gain cooperation • Help in the investigation, planning, management and treatment • Identify risk factor/s • Identify risk factor/s • Identify risk factor/s • Detect risk factor/s • Identify risk factor/s • Method of contraceptive used • Calculate EDD • Assess her current health status